

# **CAUSE** Justice

## **Don't Leave Seminary Without It: What Every Pastor Needs to Know About Intimate Partner Violence**

What is Intimate Partner Violence?

Who in my congregation is affected by it?

What am I supposed to do about it?

Wednesday, February 3<sup>rd</sup>  
3:30- 5 PM and 6:30-8 PM  
Heartman Room

FREE DINNER 5-6:30! Pizza, soda, cookies, & fruit  
Joy Perkett and Carolyn Frantz presenting

Don't Leave Seminary Without It:  
What Every Pastor Needs to Know About Intimate Partner Violence

Introductions (5 minutes)

3:30 – 3:35; 6:30 – 6:35

Defining Domestic Violence (7 minutes)

3:35 – 3:42; 6:35 – 6:42

Types of Abuse (5 minutes)

3:42 – 3:47; 6:42 – 6:47

Power and Control (12 minutes)

3:47 – 3:59; 6:47 – 6:59

Cycle of Violence (4 minutes)

3:59 – 4:03; 6:59 – 7:03

Batterers (8 minutes)

4:03 – 4:11; 7:03 – 7:11

Why Survivors Don't Leave (5 minutes)

4:11 – 4:16; 7:11 – 7:16

Theological Considerations (10 minutes)

4:16 – 4:26; 7:16 – 7:26

Pastoral Care Tips (19 minutes)

4:26 – 4:45; 7:26 – 7:45

Safety Planning (15 minutes)

4:45 – 5:00; 7:45 – 8:00

Cultural considerations (3 minutes)

5:00 – 5:03; 8:00 – 8:03

Don't Leave Seminary Without It:  
What Every Pastor Needs to Know About Intimate Partner Violence

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## **Defining Domestic Violence**

Domestic violence is any emotional, physical or sexual abuse inflicted on an intimate partner, family member, or household member. It causes physical and emotional injury. It affects people of all ethnic and economic backgrounds. Domestic violence is widespread. It exhibits no prejudice. It can happen to anyone at any time in life.

In other words...

“Domestic violence, also known as battering, is a pattern of behavior where one person tries to control the thoughts, beliefs or actions of a partner, friend or any other person close to them. While the violence may cause injury, it does not have to be physical. Domestic violence also takes the form of emotional, verbal, mental, sexual and economic abuse.”

Jane Doe, Inc.

“Battering is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Battering happens when one person believes they are entitled to control another. Assault, battering and domestic violence are crimes.”

National Coalition Against Domestic Violence

# Types of Abuse

## **Physical Abuse – Any Forceful Behavior**

- Slapping- Punching
- Pinching
- Kicking
- Pulling hair
- Pushing - Shoving
- Biting
- Spitting
- Use of weapon(s)
- Throwing bodily
- Wrestling
- Throwing objects
- Arm twisting
- Denial of physical needs: sleep, food, medical attention

## **Sexual Abuse – Any non-consenting sexual act or behavior**

- When she indicates no – and that is not respected
- When she is sleeping
- When she is drunk or high
- When she is afraid to say no
- Manipulating
- "Guilt-tripping"
- Coercing
- Forcing (including threats of physical force, weapons)
- Any touch that is unwanted (i.e. grabbing breasts, pinching buttocks)
- Degrading or sexually attacking comments like "whore" or "slut"
- Exposing self
- Penetration: vaginal, oral, anal
- Jokes, insults aimed at her sexuality, style, body, etc.

## **Threats & Verbal Abuse – Any verbal assaults or threats to do harm to partner, children, pets or self**

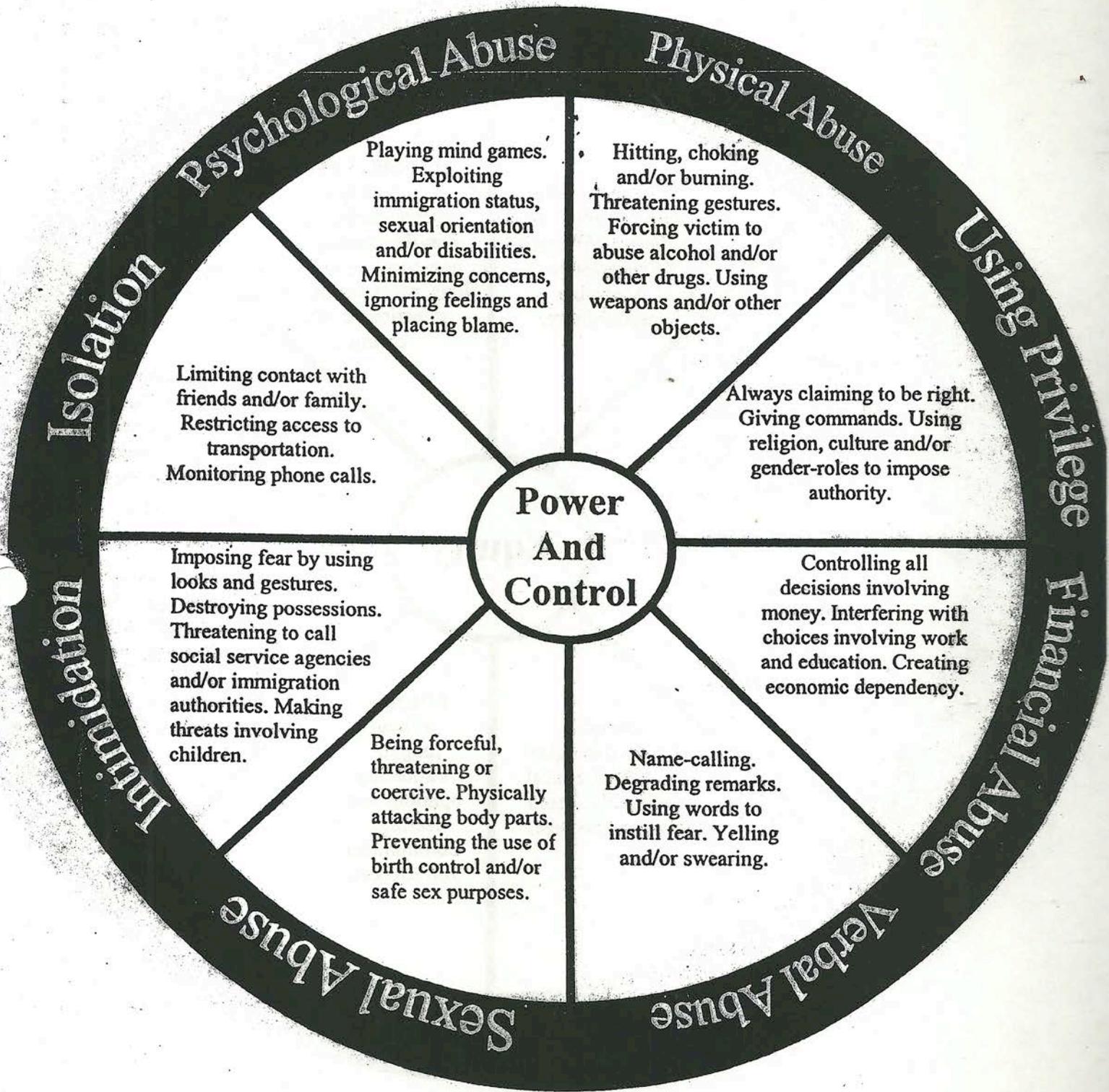
- Vague threats such as "I'm going to let you have it..." "You'll be sorry"
- Threats to disclose information about partner that should be kept confidential
- Yelling, screaming

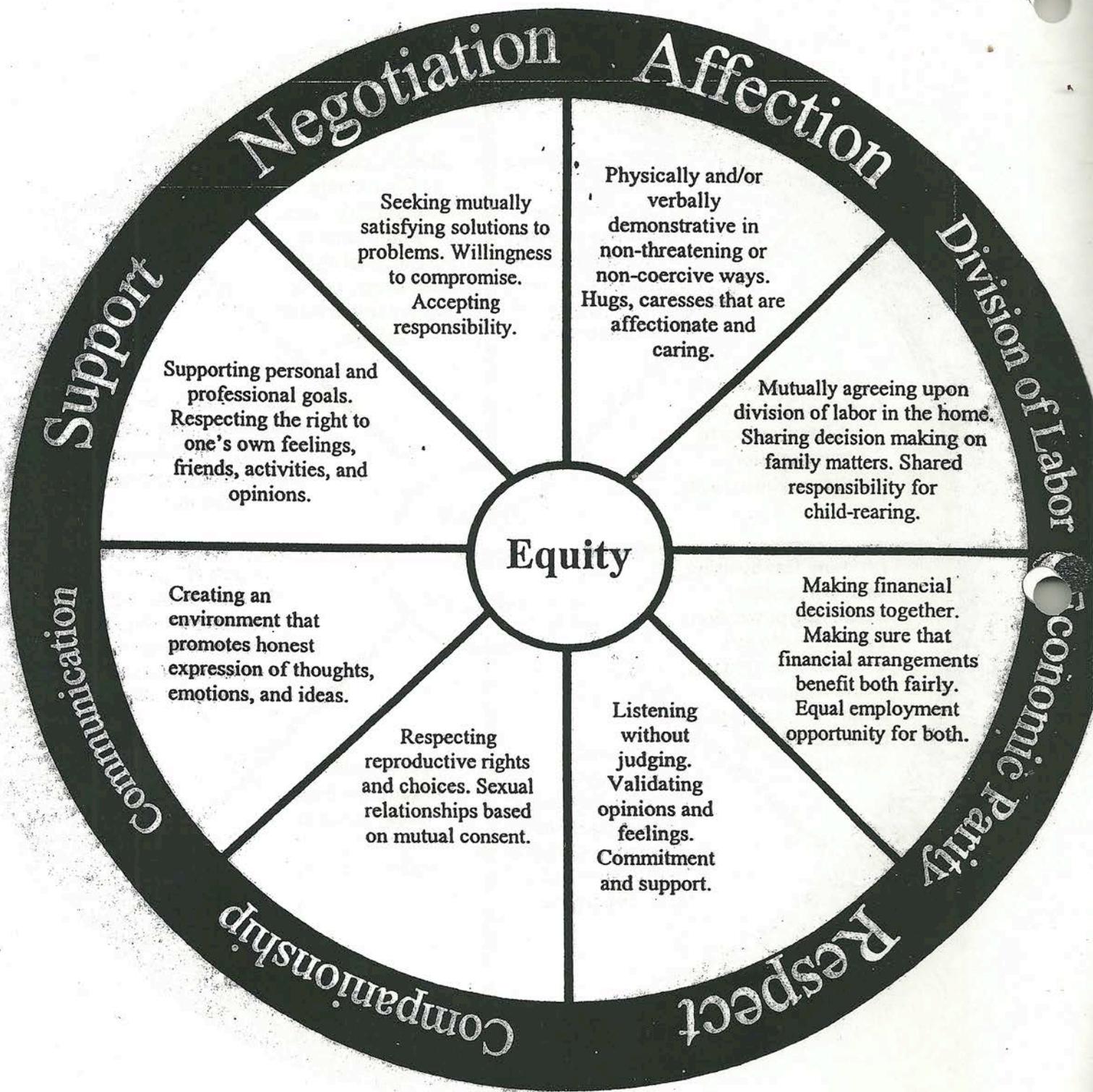
## **Psychological Abuse – Involves hurt, anger, fear and degradation. Renders partner emotionally helpless and insecure about self worth or ability to escape further abuse.**

- Continued attacks on self-esteem
- Repeated harassing, interrogating or degradation
- Threats other than physical (with money, take children, have an affair)
- Insults to person
- Controlling or limiting partners behavior (no phone use, no seeing friends)
- Forcing partner to stay awake
- Blaming partner for all that goes wrong
- Forcing partner to do degrading acts such as kneeling or unwanted sex acts

## **Economic Abuse –**

- Refusing partner access to money for food, clothing basic needs
- Controlling assets such as car, house, credit cards
- Putting all the bills in partners name and running up charges
- Putting all the bills in partners name and giving no access to money

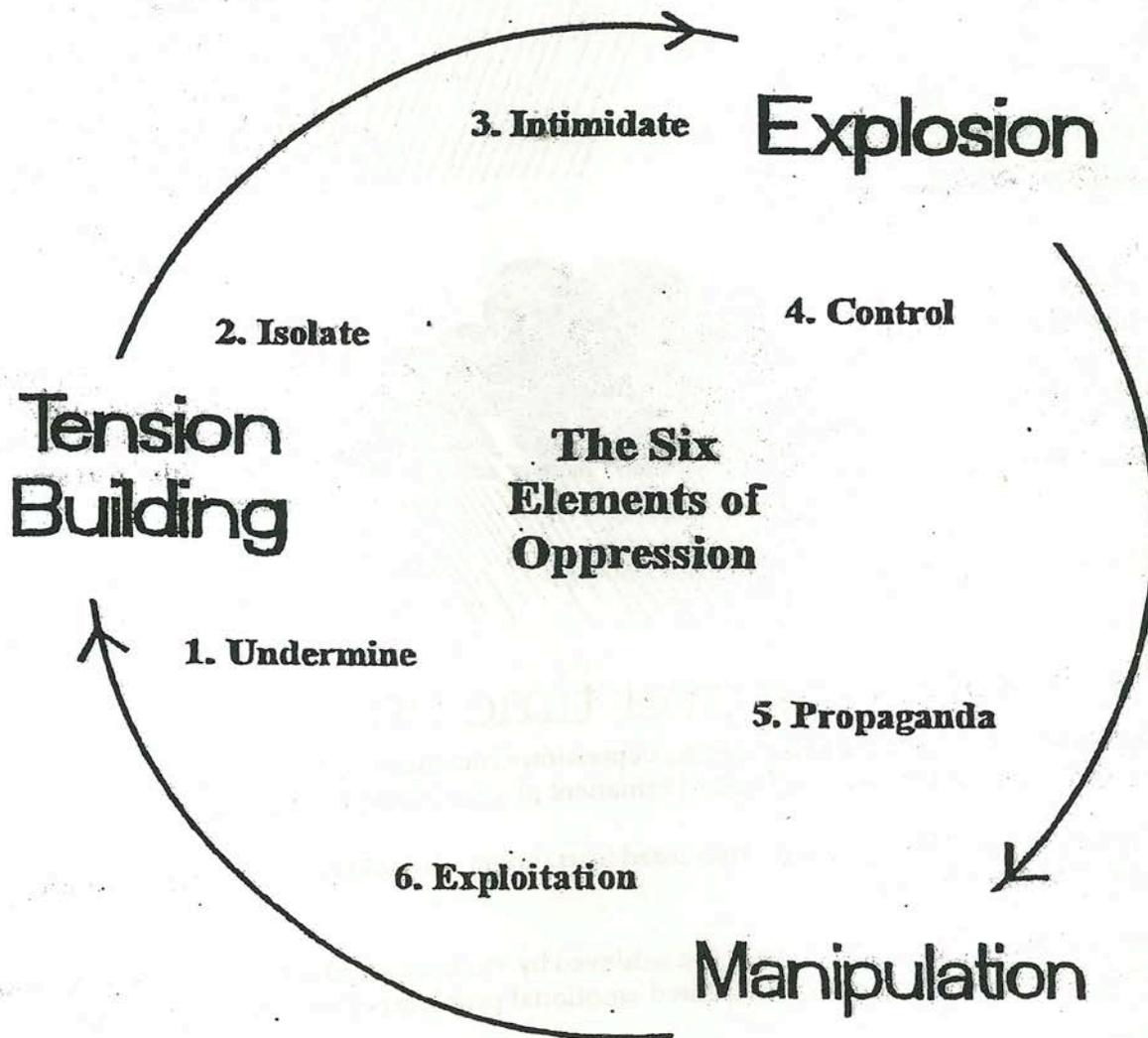




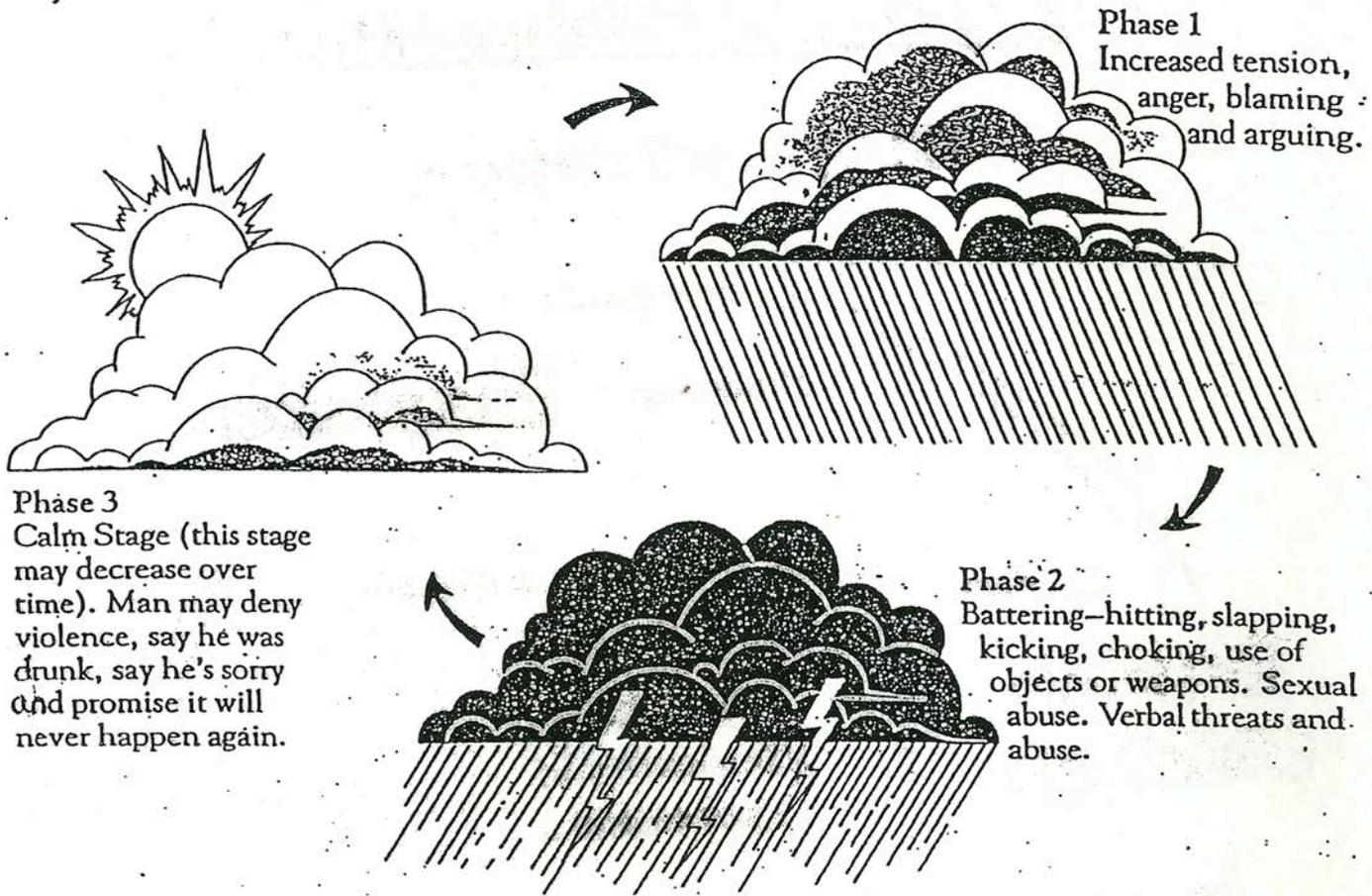
Adapted from: Domestic Abuse Intervention Project Duluth, Minnesota  
 Developed by Casa Myrna Vazquez, Inc. Boston, MA

# The Domestic Violence Map

## The Cycle of Battering



# Cycle of Violence



## Effects of Battering over time on:

**WOMEN:** Isolation from others • Low self-esteem, depression • Increased alcohol or drug abuse • Emotional problems, illness • Pain and injuries • Permanent physical damage • Death.

**CHILDREN:** Emotional problems, illness • Increased fears, anger • Increased risk of abuse, injuries, and death • Repetition of abuse behavior.

**MEN:** Increased belief that power and control are achieved by violence • Increase in violent behavior • Increased contact with law enforcement • Increased emotional problems • Decreased self-esteem.

**SOCIETY:** Increase in crime • Increase in legal, police, medical and counseling costs. Cost of prison • Perpetuation of cycle of violence • Perpetuation of myths of inequality of women and men • Decrease in quality of life.

From March of Dimes "Protocol of Care for The Battered Woman"

## Batterers frequently present as:

- The “real” victim in the family
- Trying to keep the family together
- Acknowledging “family problems” but denying violence
- Respond by saying, “she bruises easily; she was hysterical; she was high (drunk); or I had to restrain her
- Complains to the police to counter her complaint against him (uses the system)
- Makes multiple children’s protective service reports alleging that his partner is neglecting or abusing the children 51A
- Changes lawyers and asks for continuances to delay court hearings/ increase his partner’s financial hardship
- Prosecutes her when she has acted in self-defense, or will use the threat of prosecution to get her to return to him
- Asserts he “knows people” in the system – there in no way she will get justice
- Gives erroneous information about the criminal justice system to his partner to confuse her or prevent her from acting on her own behalf
- Calls her before she is going to testify against him, to tell her it has been postponed or his attorney says she doesn’t have to testify

## Quick Fix Strategies Batterers Use

Apologies

Promises it will never happen again

Being a "nice guy" for a week, then expecting her to reward him

Buying her gifts "hearts and flowers stage of abuse"

Having sex, then expecting her to forget about the abuse

Going into a treatment program, then expecting her to take him back

Pressuring her to make decisions

Manipulating the money, so she can't make it without him

Making her feel guilty

Manipulating the children to be his allies

Becoming defensive whenever she expresses anger about his abuse

Turning on her for "bringing up the past" after he apologized

Expecting her to have instant trust in him

Not giving her space to decide what she wants at her own pace

Giving her ultimatums

Raising counter-accusations about her

Minimizes his violence

He turns to alcohol or drugs

Tries to make her feel jealous

Tries to make her feel insecure in other ways by denigrating her abilities

to hold a job, find another man, function without him, etc.

## Signs To Look For In A Battering Personality

Many people are interested in ways that they can predict whether they are about to become involved with someone who will be physically abusive. Below is a list of behaviors that are seen in people who physically abuse another person; the last four signs are almost always seen only if the person is a batterer. If the person has 3 or more of these behaviors there is a strong potential for physical violence. However, in some cases a batterer may have only 1 or 2 behaviors that you can recognize, but they are very exaggerated. Initially the batterer will try to explain his behavior as a sign of love and concern; but as time goes on, the behavior becomes more severe and serves to dominate the victim.

**Jealousy** – At the beginning of a relationship, an abuser will always say that the jealousy is a sign of love. Jealousy has nothing to do with love; it's a sign of insecurity and possessiveness. The batterer will question the victim about who they talk to, accusations of flirting, or be jealous of time that is spent with family, friends, or children. As jealousy progresses, calls may be made frequently during the day or the abuser may drop by unexpectedly. The victim may not be allowed to work for fear that the partner may meet someone else; they may even check car mileage or ask friends to watch over the partner.

**Controlling Behavior** – At first, the batterer will say that this behavior is because of concern for their safety, the need to use time well, or the need to make good decisions. The abuser will be angry if the partner is "late" coming back from the store or an appointment and will question closely about where the victim went and who they talked to. As this behavior gets worse, the victim may not be allowed to make personal decisions about the house, clothing, going to church; they may keep all the money or even make the victim ask permission to leave the house or room.

**Quick Involvement** – Many battered partners dated or knew their abusers for less than six months before they were engaged or living together. The abuser comes on like a whirlwind "I've never felt loved like this by anyone." They need someone desperately and will pressure the partner to commit to them.

**Unrealistic Expectations** – They are very dependent on their partner for all of their needs; the expectations for the partner to be the perfect wife, mother, lover, friend. They will say things like "if you love me, I'm all you need and you're all I need." The partner is supposed to take care of everything emotionally and in the home.

**Isolation** – The abuser tries to cut the victim off from all resources. If you have friends, you are labeled with names such as whore, lesbian, or slut. If you are close to family you are "tied to the apron strings." The abuser accuses people who are supportive as "causing trouble." They may want to live in the country without a phone, use of the car may be limited or the abuser may try to keep the victim from working or going to school.

**Blames Others for His Problems** – If the abuser is chronically unemployed, someone is always doing them wrong, out to get them. Mistakes may be made and them blame the partner for upsetting them and keeping them from concentrating on doing their job. The abuser will tell the partner that they are at fault for almost anything that goes wrong.

**Blames Others for Feelings** – The abuser will tell the partner "you make me mad," "you're hurting me by not doing what I ask," "I can't help being angry." The abuser really makes the decision about what they think and feel, but will use feelings to manipulate the partner.

**Hypersensitivity** – The abuser is easily insulted, claiming that feelings are "hurt" when they are really very mad, or they take the slightest setbacks as personal attacks. They will "rant and rave" about the injustice of things that have happened to them – things that are really just part of living; like being asked to work overtime, getting a traffic ticket, being told that something they do is annoying, being asked to help with chores.

**Cruelty to Animals or Children** – This is a person who punishes animals brutally or is insensitive to their pain or suffering. The abuser may expect children to be capable of doing things far beyond their ability (whips 2 year old for wetting a diaper) or may tease children or young brothers and sisters until they cry (60% of people who beat their partner also beat their children). Children may not be allowed to eat at the table or they are expected to keep to their room (or quiet) all evening while the abusive person is home.

**“Playful” Use of Force in Sex** – This person may like to throw their partner down and use force during sex or they may want to act out fantasies during sex where the partner is helpless. They are letting them know that the idea of “rape” excites them. They may show little concern about whether the partner wants to have sex or not and uses sulking or anger to manipulate them into compliance. The aggressor may start having sex with the partner while they are sleeping or demand sex when they are ill or tired.

**Verbal Abuse** – In addition to saying things that are meant to be cruel and hurtful, this can be seen by the abuser as degrading the partner, cursing them, running down any of their accomplishments. The abuser will tell them that they’re stupid, and unable to function without their presence. This may involve waking to verbal abuse or not allowing sleep.

**Rigid Sex Roles** – The abuser expects the partner to serve. They will say that the partner must stay at home, that the partner must obey in all things – even things that are criminal in nature. The abuser will see all partners as inferior to them, more stupid, unable to be a whole person without their relationship.

**Dr. Jekyll and Mr. Hyde** – Many partners are confused by their abuser’s sudden change in mood. They will describe that one-minute they’re nice and the next minute they explode, that they have some special “mental problem” or that they’re “crazy.” Mood swings are typical of batterers who beat their partners and these behaviors are related to other characteristics such as hypersensitivity.

**\*\*Past Battering\*\*** - The abuser may say he has abused partners in the past, but it was all their fault. The partner may hear from the relatives or ex-spouse that the person is abusive. A batterer will beat any partner they are involved with; circumstances do not give a person an abusive personality.

**\*\*Threats of Violence\*\*** - This would include any threat of physical force meant to control the partner. “I’ll slap your mouth off,” “I’ll kill you,” “I’ll break your neck.” Most abusers do not threaten their mate, but a batterer will try to excuse their behavior by saying, “everybody talks like that.”

**\*\*Breaking or Striking Objects\*\*** - This behavior is used as a punishment (breaking loved possessions), but is mostly used to terrorize the partner into submission. The abuser may beat on tables with their fist, or throw objects around or near the partner. Again, this is very remarkable behavior; only very immature people beat on objects in the presence of others in order to threaten them.

**\*\*Any Force During An Argument\*\*** - This may involve an abuser holding a partner down, physically restraining them from leaving the room, locking them in a closet, any pushing or shoving (The abuser may hold the partner against the wall and say, “you’re going to listen to me.”).

## A POLICY STATEMENT ON DOMESTIC VIOLENCE COUPLES COUNSELING

The following policy statement on couples counseling appears in *Confronting the Batterer*, written by Phyllis B. Frank, M.A. and Beverly D. Houghton, Ph.D., for the Volunteer for Counseling Service of Rockland Co., Inc. It is reprinted here with the permission of Phyllis B. Frank.

***Couple counseling is not a viable therapeutic tool for use in violent family relationships.*** We define a violent family relationship as one in which physical or sexual assaults occur, threats of violence occur, and/or woman lives in an environment of fear caused by her partner. Couple counseling remains inappropriate even when both parties request it and/or want to maintain the couple relationship.

Couple counseling is beneficial to work on marital problems. Wife battering, however, is a violent criminal act, not a marital problem. It is illegal. It is a behavior that is solely the responsibility of the violent person, is chosen by him, and he alone is capable of changing it. This is true regardless of the alleged provocation, since the behavior of one family member cannot compel another family member to be violent. Violent behavior must be addressed and stopped *before* couple counseling takes place.

Volunteer Counseling Services will not utilize couple counseling in violent relationships. Treating a couple together, before violence is addressed and stopped, could:

1. Endanger the battered woman who may face violence or threats of violence for revealing information during therapy which is disapproved by her partner;
2. Lend credence to the common misunderstanding that battered women are responsible for the violence inflicted upon them;
3. Ignore the denial, minimization and deception about the violence that occurs when the focus of counseling is on the couple's interaction.
4. Indicate that the therapist condones violence or that violence is acceptable or not important;
5. Reinforce stereotypic sex roles, thereby ignoring the battered woman's right and responsibility to choose whether or not to save the relationship;
6. Increase the battered woman's sense of isolation, as she may prevaricate about the violence of fear to speak, even in therapy. This can have the effect of discouraging her from taking any other positive action to eliminate the violence inflicted upon her; and

7. Imply that the battered woman has responsibility for seeing that the batterer gets help. Therapists need to be particularly wary of the manipulation inherent in a batterer's refusal of anything other than couple treatment.

VCS will recommend referral to a community's domestic violence services (shelters, safe-homes, support groups, advocacy services, and batterer's rehabilitation programs), to provide safety, legal assistance, and expertise in dealing with violence. Battered women should be encouraged to utilize these services. VCS further recommends that services be mandated for batterers. Should one or both partners receive individual counseling as a result, it is vital that the therapist be knowledgeable about the issue of domestic violence and therapeutic implications for treating battered women and batterers. This includes that therapists not assume that equal power exists in male/female relationships or that each partner is able to talk openly about violence. Therapists should directly and separately interview each partner to assess the incidence and current extent of the violence occurring in the relationship.

Ending violence in the relationship is dependent solely on the batterer's motivation and commitment to do so. This will not always happen and, if it does, it may not occur overnight. It is possible only if the batterer seeks help, gets help and keeps working at it. Many men will drop out of treatment along the way. However, even continued participation by a batterer in a program is no guarantee that he will change. If battering continues, a woman may eventually need to ask herself, "Am I willing to stay in a violent relationship?" The answer to that must be arrived at by each individual woman.

If the batterer does change and the relationship is intact, couple counseling becomes a viable modality-- but only for nonviolent couples in which both partners separately request couple counseling. A former violent man can be redefined as nonviolent if:

- The former batterer participates in some form of ongoing treatment (educational workshop, support groups, individual counseling, etc.) to consolidate his behavioral change and to prove his commitment to work on ending his violence.
- The former batterer acknowledges his responsibility for his violent actions; he recognizes his ability to control and stop his violence toward his partner; he further states clearly that he will not be violent towards her; she validates, in a separate session, not only that he has not been violent, but that he has affirmed to her his commitment never to be so again;
- A significant period of time passes during which his treatment continues and there is no further violence (approximately one year from onset treatment).

The batterer and the battered woman have two different problems. His problem is his violent behavior. Hers is that she is coupled with a batterer. These two distinct issues are safely and effectively dealt with in separate counseling.

Administrative Report

1. Introduction

2. Objectives

3. Methodology

4. Results

5. Discussion

6. Conclusion

7. Recommendations

8. References

9. Appendix

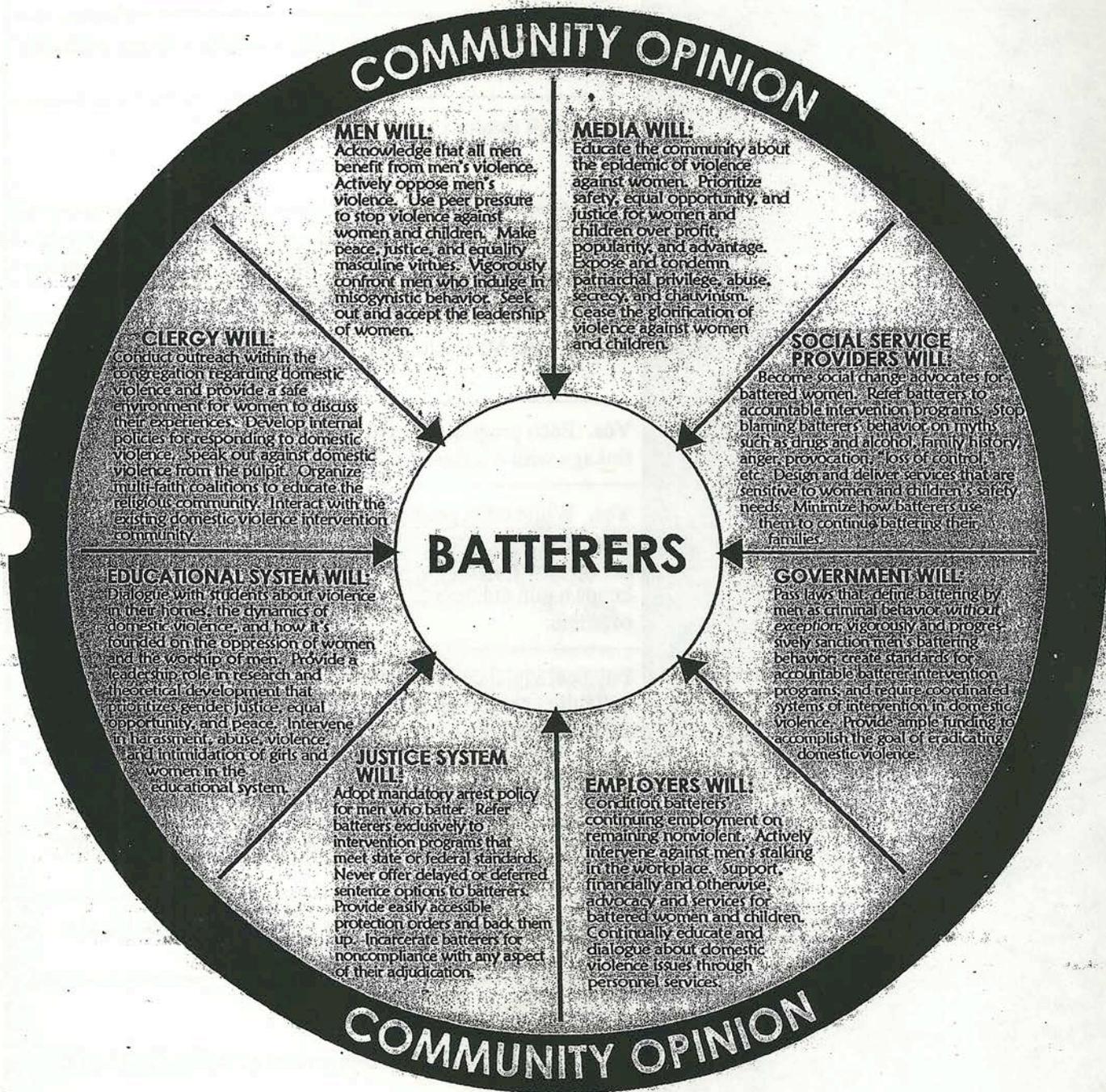
## Assessment of Change in Batterers

Assessment of change in batterers must draw on multiple sources and include attention to the following:

- Has s/he made a full disclosure of his/her history of physical and psychological abuse?
- Has s/he recognized that abusive behavior is unacceptable?
- Has s/he recognized and accepted his/her abusive behavior as a choice?
- Does s/he show empathy for the effects of his actions on his partner and children?
- Can s/he identify his/her pattern of controlling behaviors and entitlements?
- Has s/he replaced abuse with respectful behaviors and attitudes?
- Is s/he willing to make amends in a meaningful way?
- Does s/he accept the consequences of his/her actions?

# COMMUNITY ACCOUNTABILITY WHEEL

This wheel begins to demonstrate the ideal community response to the issue of domestic violence. Community opinion, which strongly states that battering is unacceptable, leads all of our social institutions to expect full accountability from the batterer by applying appropriate consequences. This wheel was developed by Mike Jackson and David Garvin of the Domestic Violence Institute of Michigan (P.O. Box 130107, Ann Arbor, MI 48113, tel: 313.769.6334).



Inspired and adapted from the "Power & Control Frailty Wheels" developed by:  
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Produced and distributed by:



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## WHAT'S THE DIFFERENCE BETWEEN ANGER MANAGEMENT AND CERTIFIED BATTERER INTERVENTION PROGRAMS?

	Anger Management	Certified Batterer Intervention
Are programs state-certified?	No	Yes. Certification is administered by the Massachusetts Department of Public Health.
Who is served by the programs?	Perpetrators of stranger or non-intimate violence	Specifically designed to work with domestic violence offenders
How long are programs?	Usually 8-20 sessions, with an average program lasting 10 sessions.	At least 40 sessions
Do programs contact victims?	No	Yes. If the victim chooses, the program will remain in regular contact with her and provide her with referrals, safety planning and information to help protect her children.
Are programs monitored by a state agency?	No	Yes. By the Massachusetts Department of Public Health
Are programs linked with a battered women's agency?	No	Yes. Each program must have a letter of agreement and formal linkage with a battered women's agency.
Do programs assess batterers for lethality?	No	Yes. While not a perfect prediction model, certified batterer intervention programs at the very least ask the questions which reveal how potentially lethal a batterer may be - such as if he keeps a gun at home or has ever been convicted of other violent offenses.
What is the emphasis of the intervention?	Violence is seen as a momentary outburst of anger. So perpetrators are taught to use techniques like "time outs."	Physical violence is seen as one of many forms of abusive behaviors chosen by batterers to control their intimate partners, including physical, sexual, verbal, emotional and economic abuse. Batterer intervention programs hold batterers accountable for the violent and abusive choices they make. They teach batterers to recognize how their abuse affects their partners and children and to practice alternatives to abusive behaviors.
Are group facilitators trained about domestic violence?	Subject to agency discretion	State standards specify 24 hours of specialized training at a certified site and twelve hours of observation.
How would I address grievances with this type of program?	Talk to the director of the program	1) Talk to the director of the program 2) Call the Massachusetts Department of Public Health at 617-624-5497
What type of data collection occurs?	No statewide system	The Massachusetts Department of Public Health has developed a statewide data collection system.

*Additionally, certified batterer intervention programs provide tailored services to meet the needs of linguistic and cultural minorities (with groups in Spanish, Portuguese, Vietnamese, Khmer, Mandarin, and Cantonese), perpetrators with disabilities, lesbians who batter, DSS-referred batterers and adolescent perpetrators.*

## Dilemmas in Leaving an Abusive Relationship

Leaving a violent relationship is not a simple matter of deciding you don't want to be hit. Each factor must be weighed carefully, because only the abuser can stop the violence.

### PHYSICAL

- Possible Risks if She Stays
  - Physical injury. He can continue to hit and injure her.
  - Death. He might kill her or the children.
  - STDs/HIV. She might have no choice regarding safe-sex practices. He might sexually assault her.
- Possible Risks if She Leaves
  - Physical injury. He might continue to injure her. He also might be inclined to escalate the violence after she leaves.
  - Death. Leaving doesn't ensure that he won't find her, and it might increase the chance she and the children will be killed.
  - STDs/HIV. Unsafe behavior might continue. He might sexually assault her.

### CHILDREN

- Possible Risks if She Stays
  - Physical injury or psychological harm. Children can witness violence, be targets themselves, or be hurt trying to protect others. *see, hear, aftermath, victims, reaction to aggressor*
  - Loss of children. He could make false allegations about her of child neglect or abuse. Failure-to-protect arguments could be used to remove children or terminate parental rights.
- Possible Risks if She Leaves
  - Physical injury or psychological harm. Children can witness violence, be targets themselves, or be hurt trying to protect others. They might be at greater risk during visitation. Lack of visitation also might affect the children.
  - Loss of children. He could gain custody or just take the children. He could make false allegations of child neglect or abuse. She might not have the money necessary for legal representation in custody/visitation suit.

### FINANCIAL

- Possible Risks if She Stays
  - Standard of living. He might control the money and give her little to live on. He could lose or quit his job. He might make her lose or quit her job.
  - Loss of income/job. He could keep her from working/ limit how much she works. He might sabotage her efforts to find a job or her success in a job or training program.

- **Loss of housing.** She could be evicted because of property damage he has done.
- **Loss of, or damage to, possessions.** He might destroy things of importance to her.
- **Possible Risks if She Stays**
  - **Standard of living.** She might have to live on less money, relying solely on her own income. She might have to move out of her home and community.
  - **Loss of income/job.** She might have to quit her job and raise her children as a single parent. He might sabotage her efforts to find a job or succeed in a training program.
  - **Loss of housing.** She might have to move out, leave town or go into hiding. She might lose her home in a divorce.
  - **Loss of, or damage to, possessions.** He might destroy things of importance or value to her. She might have to leave things behind if she flees.

## FAMILY AND FRIENDS

- **Possible Risks if She Stays**
  - **Physical injury.** He might threaten or injure family or friends, particularly if they try to offer assistance.
  - **Loss of support.** They might want her to leave and might stop supporting her if she stays. They might be afraid of him or not like him.. HE might keep her isolated from them.
- **Possible Risks if She Leaves**
  - **Physical injury.** He might threaten or injure family or friends, particularly if they try to offer assistance.
  - **Loss of support.** They might not want her to leave and might stop supporting her.

## PSYCHOLOGICAL

- **Possible Risks if She Stays**
  - **Psychological harm.** Verbal, emotional and physical attacks will continue to affect her.
  - **Substance abuse.** She might use drug or alcohol to help her cope with the emotional and physical pain.
  - **Suicide.** He might threaten or commit suicide.
- **Possible Risks if She Leaves**
  - **Psychological harm.** He might have continued access to her, particularly if they have children in common.
  - **Substance abuse.** She might use drug or alcohol to help her cope with the emotional and physical pain.
  - **Suicide.** He might threaten or commit suicide.

**WHY WOMEN STAY** (Author unknown)

Battered women stay for many reasons. Some of those reasons include:

The children  
Money  
Fear  
Relatives blame her  
Police blame her  
Therapist blames her  
Clergy blame her  
Her batterer blames her  
She blames herself  
No one believes she's being abused  
She doesn't think she's being abused  
Her partner says, "I love you"  
Her partner says, "I'm sorry"  
Her partner says "I'm the best thing that's ever happened to you"  
Her partner says, "I'll never do it again"  
Her partner says, "I'll take the children"  
Her partner says, "I'll kill you if you leave"  
Her partner says, "I'll kill someone you love if you leave me"  
Her partner says, "I'll kill myself if you leave"  
She'll be homeless  
The shelters are full  
She believes the welfare system will abuse her worse  
She loves her partner  
Her partner loves her  
The children love them both  
Her father abused her  
Her mother abused her  
Her partner is an alcoholic  
Her partner is a drug addict  
She is an alcoholic  
She is a drug addict  
Her partner threatened to call DSS and have the children taken away  
She's tried to leave before  
Her partner found her  
She can't speak English  
She doesn't have papers to be in this country  
She's in a wheelchair  
She's deaf  
She's mentally challenged  
Her partner is a public figure  
She can't read  
She's afraid of the unknown  
She's isolated  
She's depressed  
Her partner threatens to expose her as a lesbian  
She's never told anyone  
It's not the right time yet

***Would you leave?***



## Pastoral Care Guidelines in Response to Survivors of Domestic Violence

### Goals for intervention:

- SAFETY for survivor & children
- ACCOUNTABILITY for the abuser
- RESTORATION of individuals and, WHEN APPROPRIATE, relationships  
OR
- MOURNING loss of the relationships.

### Do's and Don'ts for working with survivors of domestic violence:

- DO reassure her that this is not her fault, she doesn't deserve this treatment, and it is not God's will for her.
- DO give her referral information; primary resources are battered women's services or shelters and National Hotline. 1-800-799-SAFE (7233) / 1-800-787-3224 (TTY)
- DO support and respect her choices. Even if she is aware of the risks and chooses initially to return to the abuser, it is her choice. She has the most information about how to survive.
- DO encourage her to think about a safety plan. This might include setting aside some money, copies of important papers for her and her children, a change of clothes hidden or in care of friends. It could also include a plan about how to exit the house the next time the abuser is violent, as well as considerations of what to do about the children if they are at school, if they are asleep, etc. Safety planning is an ongoing process that offers practical assistance and also helps her stay in touch with the reality of the abuser's violence. Battered women's advocates (the hotlines and support groups, both free services) are trained in safety planning — encourage her to use them!
- DO protect her confidentiality. DO NOT give information about her or her whereabouts to the abuser or to others who might pass information on to the abuser. Do not discuss with the parish council/session/elders who might inadvertently pass information on to the abuser. Do not add her name to a prayer chain for any reason.
- DO help her with any religious concerns. If she is Christian, give her a copy of *Keeping the Faith: Guidance for Christian Women Facing Abuse*. Refer to [www.faithtrustinstitute.org](http://www.faithtrustinstitute.org) for copies of this book and other helpful information.
- DO assure her of God's love and presence, of your commitment to walk with her through this valley of the shadow of death.

- DO help her see that her partner's violence has broken the marriage covenant and that God does not want her to remain in a situation where her life and the lives of her children are in danger.
- If she decides to separate and divorce, DO support her and help her to mourn the loss to herself and her children.
- DO pray with her. Ask God to give her the strength and courage she needs.
- DON'T minimize the danger to her. You can be a reality check. "From what you have told me, I am very much concerned for your safety . . ."
- DON'T tell her what to do. Give information and support.
- DON'T react with disbelief, disgust, or anger at what she tells you. But don't react passively, either. Let her know that you are concerned and that what the abuser has done to her is wrong and is not deserved by her.
- DON'T blame her for his violence. If she is blaming herself, try to reframe: "I don't care if you did have supper late or forgot to water the lawn, that is no reason for him to be violent with you. This is his problem."
- DON'T recommend couples' counseling or approach her husband and ask for "his side of the story." These actions will endanger her.
- DON'T recommend "marriage enrichment," "mediation," or a "communications workshop." None of these will address the goals listed above.
- DON'T send her home with just a prayer and directive to submit to her husband, bring him to church, or be a better Christian wife.
- DON'T encourage her to forgive him and take him back.
- DO NOT encourage her dependence on you or become emotionally or sexually involved with her.
- DON'T do nothing.
- DO familiarize yourself with your local resources so that you have specific referrals to give to congregants. Meet with their representatives and know what services they are able to provide. Chief of these is the battered women's hotline and shelter or safe home network. Often the state domestic violence coalition is a best first contact for you.
- DO consult with colleagues in the wider community who may have expertise and be able to assist you in your response. Refer to [www.faithtrustinstitute.org](http://www.faithtrustinstitute.org) for resources.

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National Domestic Violence Hotline  
1-800-799-SAFE (7233) or 1-800-787-3224 (TTY).

Use LOCAL RESOURCES

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# ADVOCACY WHEEL

## EMPOWERMENT

### RESPECT CONFIDENTIALITY ...

All discussion must occur in private, without other family members present. This is essential to building trust and ensuring her safety.

### PROMOTE ACCESS TO COMMUNITY SERVICES ...

Know the resources in your community. Is there a hotline or a shelter for battered women?

### BELIEVE AND VALIDATE HER EXPERIENCES ...

Listen to her and believe her. Acknowledge her feelings and let her know she is not alone. Many women have similar experiences.

## ADVOCACY

### HELP HER PLAN FOR FUTURE SAFETY ...

What has she tried in the past to keep herself safer. Is it working? Does she have a place to go if she needs to escape?

### ACKNOWLEDGE THE INJUSTICE ...

The violence perpetrated against her is not her fault. No one deserves to be abused.

### RESPECT HER AUTONOMY ...

Respect her right to make decisions in her own life. When she is ready, she is the expert on her own life.

## EMPOWERMENT

Adapted from:  
Abuse Intervention Project  
200 Superior Street  
Duluth, MN 55802  
218.722.4134

Produced and distributed by:



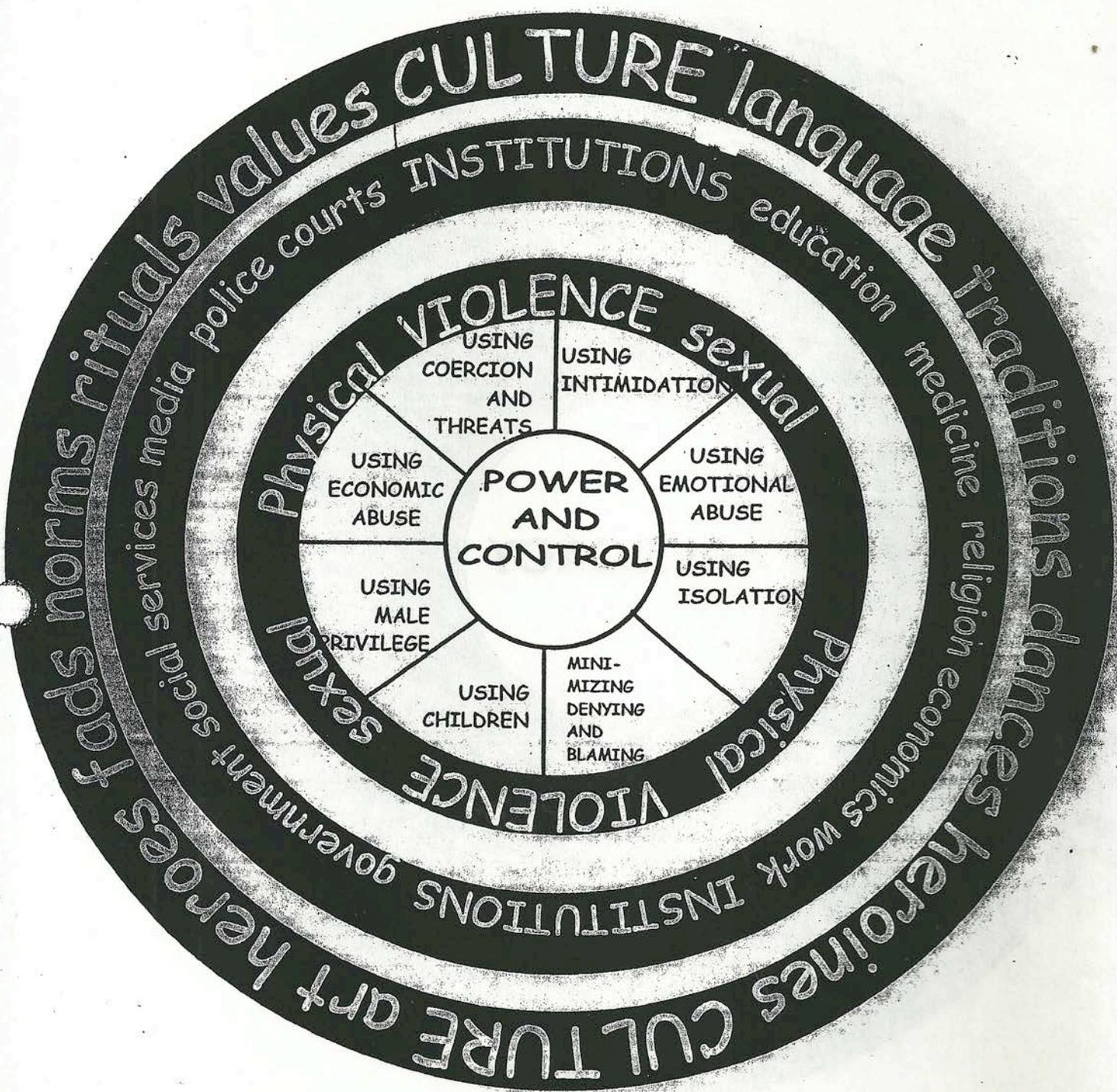
**NATIONAL CENTER**  
on Domestic and Sexual Violence  
*training • consulting • advocacy*

7800 Shoal Creek, Ste 120-N • Austin, Texas 78757  
tel: 512.407.9020 • fax: 512.407.9022 • www.ncdsv.org

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<http://ncdsv.org/images/Advocacy-wheel-NCDSV.pdf>

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24

# STAGES OF GRIEF: ENDING AN ABUSIVE RELATIONSHIP

## Stage Victim's Thoughts & Feelings

## Abuser's Manipulation

### Denial

It did not happen.  
He/ She did not mean it.  
It was not that bad.  
He/She was just upset.

I did not do it!  
I'll never get that angry again.  
I did not hurt you.  
You made me do it!

### Bargaining

I'll stay if you'll go to counseling. It takes two.  
He / She will stop drinking, drugging.  
I will avoid upsetting him/ her.  
I'll stay home more.

I'll go to counseling.  
I was just drunk/ high.  
Stop upsetting me.  
I love you/ need you.

### Anger

I'll get an Order of Protection  
I'll call the police.  
I'll leave him/ her.  
I'll talk to friends/ family.  
I'll talk to a lawyer.  
I'll fight back.

I'll have a record/ lose my job, etc.  
I can't go to jail.  
Please give me another chance.  
They'll hate you/ won't believe you.  
I'll fight you and win.  
I'll press charges.

### Fear

I can't make I financially.  
He/She will really hurt me now.

I won't give you any money or help.  
I will kill you/ myself/ the family.

### Depression

I can't handle the kids myself.  
I'll lose my job because I can't think  
I've failed myself/ children/ family, etc.

I'll fight for custody.  
You will get fired/ I'll tell boss.  
I will begin/ intensify new  
relationship.

I can't make ends meet.

I'll refuse child support.

### Resolution

I didn't cause the abuse.  
I am independent.  
I am strong.

THE UNIVERSITY OF CHICAGO

DEPARTMENT OF CHEMISTRY

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# Hotline and Referral Numbers Across the Country

Numbers updated January 2004  
\* In state accessibility only

- Alabama (800) 650-6522 ■ (205) 322-4878
- Alaska (907) 586-6623 ■ (800) 478-1090\*
- Arizona (888) 428-0101 ■ (877) 472-1717
- Arkansas (800) 332-4443
- California (866) 920-2952 ■ (818) 887-6589 ■ (310) 370-5902
- Colorado (719) 633-3819 ■ (303) 444-2424 ■ (970) 945-4439
- Connecticut (203) 622-0003 ■ (888) 774-2900\*
- Delaware (302) 762-6110 ■ (302) 422-8058
- District of Columbia (202) 347-2777 ■ (202) 529-5991
- Florida (813) 234-1234 ■ (904) 354-3114
- Georgia (800) 334-2836 voice/tty
- Hawaii (808) 528-0606 ■ (808) 528-1033
- Idaho (800) 882-3236
- Illinois (800) 603-4357 ■ (618) 465-1978 ■ (708) 386-4225
- Indiana (800) 332-7385
- Iowa (800) 942-0333
- Kansas (888) 363-2287 ■ (913) 321-0951
- Kentucky (800) 928-6708 ■ (800) 928-1183
- Louisiana (800) 338-6536 ■ (318) 222-2117
- Maine (800) 239-7298 ■ (800) 559-2927
- Maryland (800) 634-3577 ■ (800) 752-0191
- Massachusetts (877) 785-2020
- Michigan (888) 664-9832 ■ (800) 274-3583\*
- Minnesota (866) 223-1111 ■ (800) 909-8336 ■ (218) 326-8565
- Mississippi (601) 981-9196 ■ (228) 435-1968 ■ (228) 436-3809

- Missouri (800) 416-1772
- Montana (800) 483-7858 ■ (406) 586-4111
- Nebraska (800) 876-6238 ■ (800) 658-4482
- Nevada (800) 230-1955 ■ (800) 500-1556\*
- New Hampshire (866) 644-3574
- New Jersey (609) 646-6767 ■ (800) 572-7233\*
- New Mexico (800) 773-3645 ■ (505) 246-9240
- New York (800) 942-6906 ■ (800) 942-6908 Spanish ■ (800) 818-0656 tty ■ (800) 621-HOPE (4673)(NYC)
- North Carolina (888) 232-9124
- North Dakota (800) 472-2911 ■ (701) 572-9111
- Ohio (800) 695-1639 ■ (440) 285-5665
- Oklahoma (800) 814-1188 ■ (405) 949-1866
- Oregon (888) 235-5333 ■ (541) 889-2000
- Pennsylvania (800) 262-8444 ■ (610) 372-9540
- Puerto Rico (787) 722-2907
- Rhode Island (401) 467-9940 ■ (800) 494-8100\*
- South Carolina (800) 273-5066
- South Dakota (800) 696-7187
- Tennessee (800) 244-5968 ■ (615) 242-1199
- Texas (800) 749-9026 ■ (800) 256-0551 ■ (877) 782-2722 ■ (915) 593-7300 (El Paso only)
- Utah (435) 753-2500 ■ (801) 537-8600 ■ (435) 865-7443
- Vermont (800) 228-7395 ■ (802) 476-4965 ■ (800) 639-7233
- Virginia (800) 838-8238
- Washington (800) 562-6025 ■ (360) 734-3438 ■ (206) 522-9472
- West Virginia (800) 794-2335 ■ (304) 367-1100
- Wisconsin (800) 649-2921 ■ (608) 255-0539 ■ (414) 933-2722
- Wyoming (800) 990-3877 ■ (307) 235-2814

## Safety Planning

Clergy need to feel comfortable asking survivors about their safety and encouraging survivors to address safety needs. Be aware that a survivor's life may be at risk, as we know from experience that abuse can be life-threatening. Encourage her to contact a domestic violence advocate to help her strategize for her emotional, physical, and sexual safety.

A domestic violence advocate can assist the survivor in developing a safety plan. A safety plan is a fluid plan that helps survivors of domestic violence identify practical steps they can take to protect themselves, as well as strategies for dealing with specific incidents. A safety plan should change as the needs and circumstances change. It should be regularly reviewed and updated.

A domestic violence advocate can help the survivor identify:

- How her partner undermines her emotional, physical, and/or sexual safety.
- Strategies that have helped her be safer in the past.
- Strategies that might increase her safety.
- Supportive persons who can assist her with her safety plans.
- The pros and cons of involving law enforcement, obtaining a protective order, and involving the criminal and civil legal systems.

It is helpful to acknowledge that the burden of staying safe does fall unfairly upon the survivor. The abuser is the one who is behaving inappropriately and yet the survivor is the one who has to alter her life. Offering to assist her with the process of implementing her safety plan can alleviate a piece of that burden. Here are steps you can take:

### 1. Affirm

Her courageous act of speaking about the abuse should be affirmed. You can tell her:

- I believe you.
- I care about you.
- I'm glad you told me.
- You are not alone.
- It's not your fault.
- You have good reason to be afraid.
- I'm glad you survived. You deserve a nonviolent life.

### 2. Assess

- What support does she need to implement her safety plan?
- How can you and/or your congregation assist her – financially, emotionally and with practical steps?

### 3. Address safety issues related to her contact with you and with the church

- How will she tell her partner about her time spent with you?
- What will she do if her partner is at the church when she is there?
- What if he becomes abusive at the church?
- If the survivor wants you to talk with the abuser, explore how this will impact her safety.
- How will it impact her safety if you or others start to hold him accountable?

### 4. Refer

Domestic violence advocates are experts at doing a detailed safety plan with the survivor. Certain aspects of safety planning can be addressed by clergy, but certain aspects must be left to the experts. Tell the survivor that an advocate can help her develop a plan for emotional, physical, and sexual safety for herself and her children. If you are familiar with local domestic violence programs, give her a local hotline number and let her know about the services they provide. If you are not yet familiar with your local resources, refer her to the National Domestic Violence Hotline [1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)].

### 5. Explain

Part of safety issues is explaining why it isn't the survivor's fault. The survivor may think, "If only I could do something to change it." But she can't.

- Explain that what she has experienced is abusive behavior.
- Abusive behavior is about power and control. That is why the survivor cannot change the abuser's behavior. His first commitment is to power and control over her.
- A controlling partner will always find something "wrong." The reasons her partner "explodes" are not the same as the reasons she believes he explodes.
- Changing herself or correcting what he has said were her mistakes will not stop the abuse.
- Her partner needs to demonstrate that he is in control. His abusive behavior is his way of showing his power over her.
- She can't change him and she can't win. That is the point of power and control. And that is why her safety must be the primary concern.

### 6. The Pastoral issue

Clergy need to ask "How does what I do help her become safe or keep her safe?" Ask yourself, "If I put this \_\_\_\_\_ [fill in the blank] first, does this help her be safe?" If in my pastoral care, I put this \_\_\_\_\_ [fill in the blank] first, does this help her be safe?" "Do her faith issues arise because of her lack of safety?"

## Assessing Risk

Question	Sample Answer Medium Risk	High Risk	Extreme Risk
1. Does the batterer have a gun or knife? Has the batterer ever used it on you or others?	"No."	"He has a hunting rifle, but he's never threatened me with it."	"He's threatened me with a gun." "He was arrested once for cutting someone."
2. Has the batterer ever been arrested before? Is the batterer afraid of police and the courts?	"No previous arrests; he's scared of cops."	"Police came once but they didn't do anything."	"He's been arrested on other assault charges. Police just make him madder." "Once she attacked me in front of the judge."
3. Has the batterer tried to control your life in other ways and isolate you from friends and family?	"Not really; we mostly just go our own ways."	"He always notices if I'm home late and is very jealous." "He doesn't like my friends coming here."	"Ever since we moved away from my family, he's like my prison guard." "He's insanely jealous and imagines the most bizarre things; he even keeps tabs on the mileage on my car."
4. Has the batterer hurt your children? (This only assesses risk to the children, not the woman; some abusers are dangerous to their partner but never touch the children.)	"He's never laid a hand on the kids."	"He hasn't so far, but I can see it coming; he's started threatening." "He really hurt the dog once; that made me worry about the kids."	"He forces my daughter to let him touch her." "He threatens he'll hurt the kids if I ever leave him." "He beats us both."
5. Has the batterer threatened you if you try to leave?	"He hasn't made any threats; in fact once he locked me out and told me to leave."	"She said she'd get even if I ever left...I'm not sure what she meant."	"He said I could never hide from him, he'd track me down somehow. I really believe he'd do it."
6. Have you ever tried to leave? What happened?	"He didn't seem to care. In fact I think he was glad to have us out of his hair."	"I went to my mother's; he kept calling and begging for one more chance." "He went to my apartment and tore up some of my clothes."	"He came after me and beat me worse than ever." "He attacked the person I was staying with. I can't figure how he even found me."
7. Does the batterer have extra resources at his command to help find you if you leave?	"Not that I know of. I don't think he'd bother anyway."	"He's got a friend who's a cop; I don't know if he'd talk to him about me." "Our town's so small, everyone knows each other's business."	"He's a cop." "He's high up in social services and real tied in with the city government." "He's my pimp and he's real tight with the Mafia." "I don't have my Green Card and he's said he'll turn me in."

## Assessing Risk (Continued)

Question	Sample Answer Medium Risk	High Risk	Extreme Risk
8. Does the batterer know your routine?	"I've only dated him a short time; he doesn't know where I work or where my kids go to school."	"He knows where I work, but I've requested a transfer."	"We've lived together fifteen years; he knows everything there is to know." "I'm blind and she knows all the local readers and everyone who works for the van service."
9. Does the batterer ask you to engage in sexual acts you don't feel comfortable with?	"He pressures me for sex and might take a tantrum if I say no, but he never forces me."	"He changes when we have sex. He gets real aggressive and violent."	"He's constantly looking at pornography and renting dirty movies. He's very violent when we have sex. He mostly rapes me." "He makes me perform sexual acts in front of others."
10. Does the batterer drink or do drugs? (Alcohol and drugs alone do not cause violence, but they can worsen a bad situation.)	"He doesn't really drink much."	"He uses being drunk as an excuse for beating me up. He says he didn't know what he was doing."	"He's addicted to crack and it's making him paranoid." "He'll do anything to get a fix: he's sold everything we have."
11. Does the batterer seem suicidal? (Most suicidal people are not violent toward others. However, suicidal batterers sometimes kill other family members before turning the weapon on themselves.)	"He's never mentioned it."	"He's said he can't live without me and that he'd kill himself if I ever left."	"He's talked in great detail about suicide, but then he'll say he's not going out without taking me with him." "Once he forced me to play this sick Russian roulette game with him."
12. Does the batterer seem crazy to you? (Mentally ill people are not more likely than "normal" people to be violent. However, violent people who lose their sense of realistic consequences may become very dangerous.)	"He's normal, if you can call anybody who beats his family normal."	"He's really changing: he's getting more withdrawn and skipping work and becoming obsessed with hanging around me."	"He's really lost it; he says I'm Satan and must be stopped."

Excerpt from "Assessing Risk", by Cathy Barber, in *For Shelter and Beyond: Ending Violence Against Battered Women and Their Children*, ©1992, MCBWSG. To order, contact: Massachusetts Coalition of Battered Women's Service Groups, 210 Commercial Street, Boston, MA 02109, (617) 248-0922.

## **Risk Assessment**

### **Lethality Indicators**

Although they do not necessarily predict deadly assault, some indicators are considered "red flags". These include:

- Past assaults which caused serious injuries
- Threats to kill partner, self, children, pets or other
- Batterer's substance abuse
- Batterer's history of mental illness
- Access to and/ or use of weapons
- Obsessive jealousy about and/ or preoccupation with partner
- Stalking or monitoring partner

### **General Risk Factors**

- Partner's separating, threatening to leave the relationship, or attempting to leave
- Any intervention
- Unemployment
- History of serious violence
- Youth-being under 30 years old

Note: Interventions increase risk in the short term, as does separation. Generally, risks increase when abusers perceive that they are losing control over their partner.

### **Protective Factors**

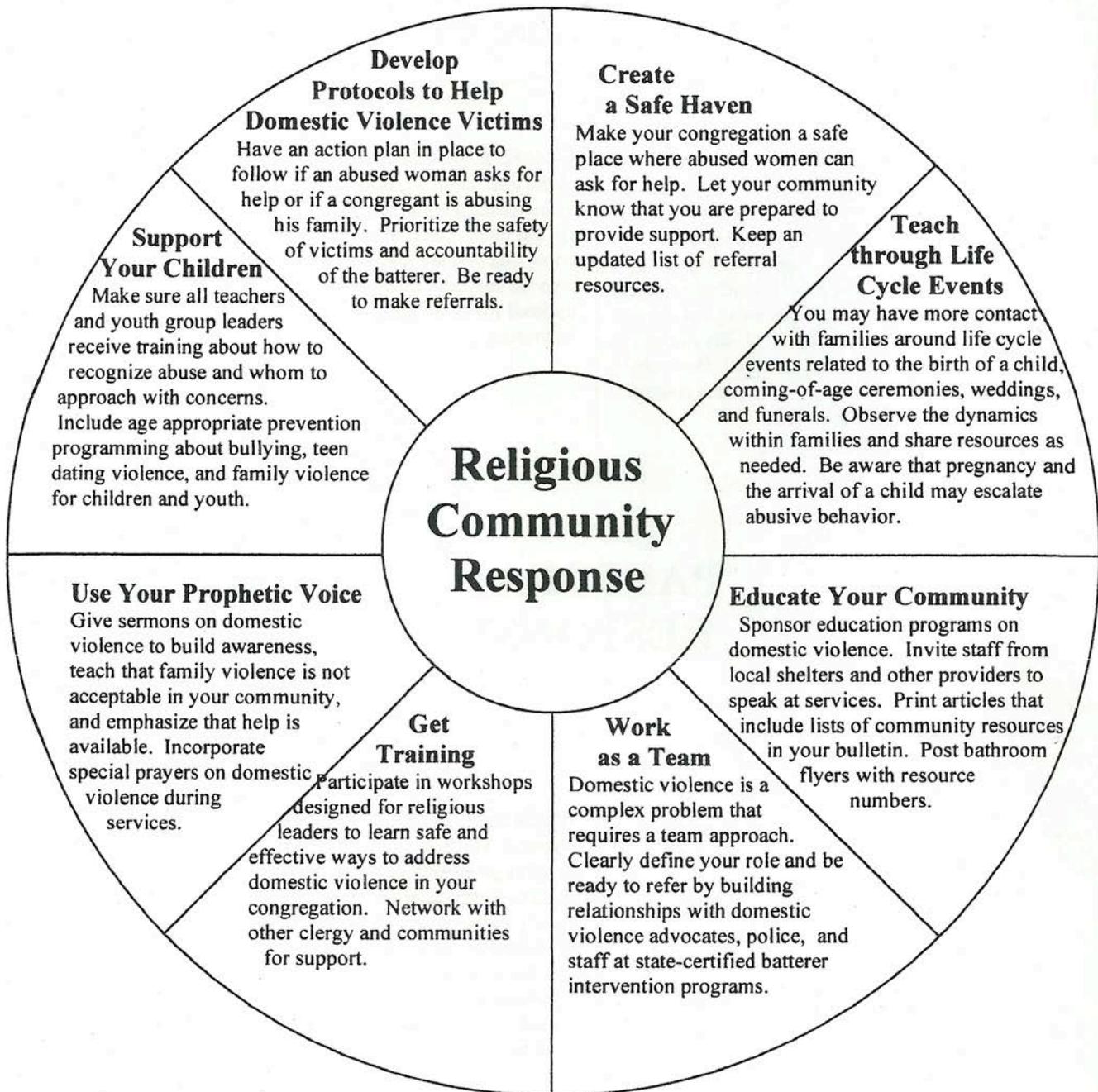
Protective factors are those characteristics or conditions which are associated with safety.

Important protective factors include:

- Employment of batterer (who therefore has something to lose)
- Employment of survivor (who therefore is less isolated)
- Social connection of survivor
- Access to resources of survivor
- Survivor's ability to protect self and children in the past.

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# *Safe Havens Family Violence Prevention Project*



## **SAFE HAVENS**

### **Interfaith Partnership Against Domestic Violence**

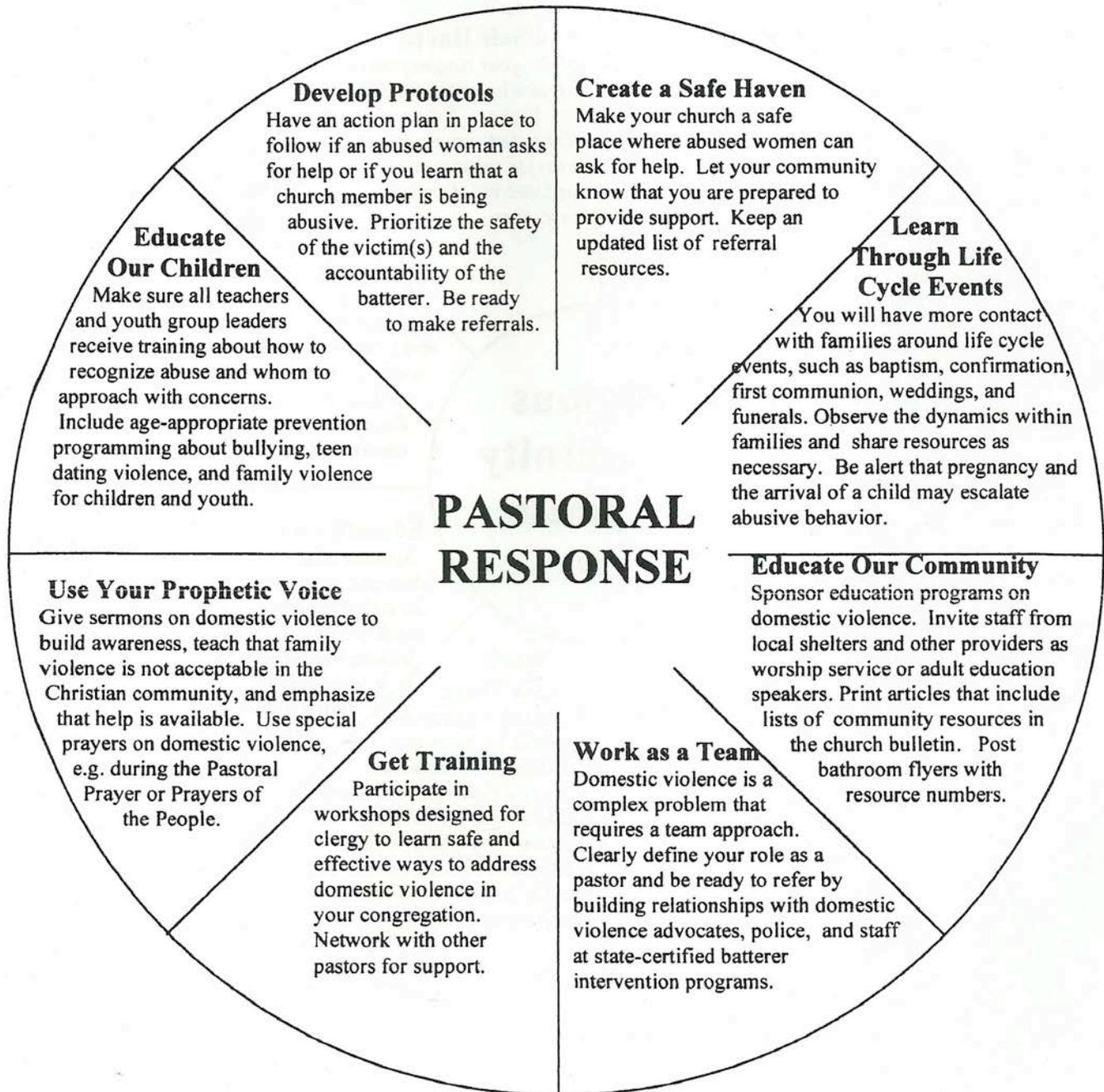
101 Arch Street, 11<sup>th</sup> Floor

Boston, MA 02110

Tel: (617) 654 1820 Fax: (617) 654 1799

*Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.*

- 1 Corinthians 3:16-17



## Safe Havens

### Interfaith Partnership Against Domestic Violence

101 Arch Street, 11<sup>th</sup> Floor, Boston, MA 02110

Phone: (617) 654-1820 Fax: (617) 654-1799 Email: [info@interfaithpartners.org](mailto:info@interfaithpartners.org)

## Fifteen Ways Local Congregations Can Support the Work of a Local Battered Women's Shelter

1. Use bulletin inserts to educate members during October, Domestic Violence Awareness Month (DVAM) or at another time during the year.
2. Do announcements during services to let people know when the shelter needs volunteers, donations, or support at a rally.
3. Provide information about the shelter, domestic violence, or volunteer opportunities in newsletters or on bulletin boards.
4. Have a moment of silence or a special prayer, reading, or message during DVAM or during another time in the year.
5. Sponsor an educational forum, workshop, vigil, or speaking engagement about domestic violence for members, women's groups, the youth group, or the community.
6. Urge women's groups, youth groups, or social outreach committees to establish an ongoing relationship with the shelter and/or to hold an educational or fundraising event (for example, an ice cream social or book sale to benefit the shelter).
7. Support the shelter's services (this can be something very specific, such as paying for the phone or utilities for a month) through a special collection or letter to the membership.
8. Talk with your friends, family, and coworkers to spread the word that domestic abuse is a serious and unacceptable community problem. Do not tolerate speech or behavior that is clearly abusive or threatening. Speak out when you hear or see it.
9. Offer donated printing, use of the copier, help preparing the shelter's newsletter for mailing, space for support groups for women or children, or space for trainings.
10. Help recruit safe-home providers, volunteers, and supporters.
11. Have a congregational representative who will alert members about legislative campaigns and lobbying efforts to keep funding for battered women's programs from being cut.
12. Attend shelter-sponsored or -endorsed rallies; provide leaders willing to speak about the importance of services for battered women at rallies or community meetings.
13. Display shelter educational materials and brochures. *put DV hotline number in every bulletin*
14. Provide in-kind donations such as clothing, food, cleaning supplies, or new toys. (This must be done in close consultation with your local shelter, as space may be limited.)
15. Create a banner promoting nonviolence.

--from the United Methodist Review, September 9, 1994

## **Nine Ways to Work with Youth around Issues of Domestic Violence and Abuse**

1. Invite a guest speaker who has experience with violence and youth.
2. Ask a local domestic violence shelter for a "wish list" of things they need, then hold a fundraiser to raise money to buy something on that list. Use this as an opportunity to talk about why the shelter is there.
3. Hold holiday parties for children from local shelters to give them a safe place to come. For example, on Halloween the youth could divide into teams and decorate Sunday School classrooms. Children would "trick-or-treat" to each of the various classrooms, enjoying the decorations/activities in each one while remaining safe.  
Note: Make sure the themes of the decorations are not violent!
4. Hold a clothing drive for a shelter.
5. Make posters for Domestic Violence Awareness Month (October) and display them in the church/synagogue/mosque.
6. Make a "Justice at Home" or similar felt banner to display permanently.
7. Post hotlines regarding domestic and dating violence prominently.
8. Complete a work project for a local shelter (volunteer to do fall clean-up or plant flowers in the spring).
9. Watch a popular teen movie together and discuss the messages in the film re: what girls and boys are like, how they are portrayed, etc.

Nancy Nienhuis, Andover Newton Theological School, 2009  
Feel free to duplicate and distribute.